“Darkness cannot drive out darkness, only light can do that. Hate cannot drive out hate, only love can do that.”
Understanding Addiction

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- Receives no commercial support, in any form, from pharmaceutical companies or anyone else.
- Associate Professor, Department of Internal Medicine, Quillen College of Medicine, East Tennessee State University; Chief of Medicine and Associate Chief of Staff for Education, Mountain Home VA Medical Center in Johnson City, Tennessee.
- Member, Greene County Drug Court, Judge Kenneth Bailey and member of the National Association of Drug Court Professionals.
- Speaker, Proper Prescribing of Controlled Substances.
- Founding Partner and Chairman, Board of Directors, High Point Clinic, a non-profit clinic in Johnson City, Tennessee, with an interest in opiate addicted pregnant women.
- Recovering from addiction to opiates, benzodiazepines and alcohol since July 2004.
- Advocate for Proposition 46 in the state of California.
- 2014 Advocate for Action, Office of National Drug Control Policy, Executive Office of the President of the United States.
- Tennessee Volunteer Fan and Alum and Father to Heath and Hayley and husband of 24 years to Karen.
Learning Objectives

- Understand the neurobiological basis of addictive disease
- Understand the challenges of addiction
- See life on the other side of addiction
Retain faith that you will prevail in the end, regardless of the difficulties.

AND at the same time

Confront the most brutal facts of your current reality, whatever they might be,

Admiral Jim Stockdale
“Here is the solution to the American drug problem suggested by the wife of our President: “Just Say No.””

Kurt Vonnegut
“How about treatment that works instead of ridiculous 12-Step AA/NA cult “Higher Power” nonsense that has a 100% failure rate?”

“Pain management specialist are hard to come by and not covered by my insurance. My physicians will not treat my pain properly and threaten me with no medication.”

“99% of addicts are personality disordered. They are mentally retarded.”
Dependence - once the drug is stopped, a predictable physiological withdrawal syndrome occurs

Addiction - the compulsive use, loss of control and continued use despite adverse consequences
Hi-jacking of the Reward Center
The Challenge
From 1999-2009, drug overdose deaths due to prescription painkillers increased 400% 
Overdose fatalities are now the leading cause of accidental deaths in America, *nudging out motor vehicle crashes*

In 2010, about 12 million Americans (age 12 or older) reported non-medical use of prescription painkillers in the past year

The United States represents < 5% of the world’s population but consumes approximately 80% of the world’s opioid supply
For every 1 death there are...

- 10 treatment admissions for abuse
- 32 emergency dept visits for misuse or abuse
- 130 people who abuse or are dependent
- 825 nonmedical users

Opioid Prescription Rates by County

TN, 2007

Prescription Rate per 100 Population

- <105
- 105 - 121
- 122 - 140
- => 141
Opioid Prescription Rates by County—TN, 2008

Prescription Rate per 100 Population
- <105
- 105 - 121
- 122 - 140
- => 141
Opioid Prescription Rates by County—TN, 2009

Prescription Rate per 100 Population
- <105
- 105 - 121
- 122 - 140
- 141 - 160
- 161 - 180
- 181 - 200
- => 200
Opioid Prescription Rates by County—TN, 2010

Prescription Rate per 100 Population
- <105
- 105 - 121
- 122 - 140
- => 141
Opioid Prescription Rates by County—TN, 2011

Prescription Rate per 100 Population
- <105
- 105 - 121
- 122 - 140
- => 141
Opiate Nation
Thumb?
The Other Side
Supply and Demand: The Substance Abuse/Misuse Market Triangle
Substance Abuse/Misuse
Constraining the Market

Treatment
Control
Prevention
Arms
Jamie - abscess
Almost Missed It
My Boy
The King  RIP age 42
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